❭getabstract

Discover Actionables

Actionables offer a 15-minute overview of a business-relevant topic. The well-balanced mix of video-, audio-, text- and reflection components ends with a concrete call to action to apply the knowledge right away. Self-reflection tools and retrieval practices round off the learning experience.

ACTIONABLE
Creating Connections in Remote Teams

ACTIONABLE
Developing Positive Habits

ACTIONABLE
Giving Constructive Feedback

ACTIONABLE
Lessons From Female Leaders

ACTIONABLE
How to Learn Effectively

ACTIONABLE
Mindfulness Fundamentals

ACTIONABLE
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ACTION...

What's in it for you:

Actionables are based on the *Know-Do-Reflect* loop. Here the three components in more detail:

Know
Reflect
Do
To make *learning* effective

● **STEP 1 – KNOW**
Each Actionable starts with a course that offers a 15-minute overview of a business-relevant topic based on getAbstract summaries. The courses are highly engaging thanks to their well-balanced mix of video-, audio-, text- and reflection components. For additional background reading, you can access course-relevant getAbstract summaries via hyperlinks embedded in each course.

● **STEP 2 – DO**
A concrete call to action prompts you to apply the knowledge right away.

● **STEP 3 – REFLECT**
The Peer Insights tool asks you to reflect on your experience of putting the newly acquired knowledge into action. Once you've submitted your feedback, you will have access to the aggregated, anonymized insights from peers as soon as they become available.

Additional tools that take your learning further:

VIRTUAL GUIDE
Our Virtual Guide prompts you to reflect on various aspects of the course content. The tool enables you to extrapolate the key take-aways from the course as they apply to your individual situation and challenges.

EXPERT SESSION
Our 15-minute Expert Sessions with an author or subject-matter expert expand on the knowledge presented in the course or focus on a single aspect in greater depth.

**Know better.
Do better.
In 15 minutes.**

Watch our videos to see the learning tools in action!

Learn more